

5

Lifestyle

Small Adjustments to Greatly Improve Your Health



"For fast-acting relief, try slowing down."

Is your current **Lifestyle** conducive to good health?

In *theory* you would like it to be.
In *practice* it may well not be.

Your life is so busy! The alarm goes off in the morning, you struggle to get out of bed, feeling exhausted from a late night. You hit the snooze button, oversleep, panic, jump in the shower, get dressed and race out of the door – no time for breakfast! You fight traffic, get road rage, arrive at work with minutes to spare, grab a coffee and throw yourself into work. Before you know it, it's time to head home, deal with dinner, watch the news, rush to meet up with friends, have a few drinks, race home, stumble into bed, feeling absolutely knackered! Before you know it, morning arrives, the alarm sounds and it's time to do it all over again!

Does this scenario, or some of it, sound familiar? Most people's lives are not that dissimilar. You work hard all week, you stay up late to make up for the time spent working, and come the weekend, you're in desperate need of some rest. The problem is the weekend arrives and instead of resting, you end up racing around with family and friends. Before you know it a new week begins and that alarm clock is back on duty... **This is where it needs to STOP...**

In order to achieve your maximum potential, both physically and mentally, you NEED to have a healthy charge in your batteries, to deal with all that life throws at you. Running on full steam for months at a time, without taking time to recharge through good nutrition and optimal amounts of sleep leave you 'drained' - ill, stressed and unable to function properly. And still you carry on regardless.

Strive for 5™ Plan

Why do it to yourself?



This part of the **Strive for 5** Plan will provide you with some of the answers YOU need to lead a healthier lifestyle.

It doesn't call for you to live the life of a Tibetan monk.

What it does do is allow you to see where you can improve your daily habits, allowing you to maintain a healthy charge in your batteries for longer.

This will give you the energy **YOU** need to live life with a spring in your step.

Your lifestyle is unique.

For this reason I would like you to focus on up to **5** topics, chosen from a range of 16, that you feel will help make an impact on your day-to-day life. The **16** topics currently open to you are:

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|----------------------------------|--------------------------|
| 01. Stress | 09. Depression |
| 02. Office Environment | 10. Skin Care |
| 03. Pills and Prescription Drugs | 11. Premenstrual Tension |
| 04. Cellulite | 12. Business Travel |
| 05. High Heels | 13. Menopause |
| 06. Migraine | 14. Underactive Thyroid |
| 07. Smoking | 15. Low Back Care |
| 08. Vegetarian Diet | 16. Sleep |

Addressing **5** factors relevant to your lifestyle will go a long way to making a hectic life more manageable, whether you are a full time employee, a Company Director or a full time Mum.

This is YOUR life... so make it BETTER!